

Praise from the 2019 cohort

“Probably the most valuable short, achievable course you could follow with enormous benefits for you and everyone you meet.”

“An excellent introduction to Positive Psychology and the range of reading materials, templates and other resources is very good.”

“The course has given us a really useful toolkit to help achieve positive mental health and get the most out of life in an increasingly complicated world. I would recommend it to everyone - regardless of age.”

“This course offers many valuable insights for wellbeing. The combination of weekly webinars, rich content, home practices, online discussions, group coaching and exemplary teaching by Chris and Miriam creates an amazing learning experience of each Positive Psychology foundation. Chris and Miriam are wonderful teachers who present and explain every idea with beautiful clarity.”

“The positive psychology foundations course was brilliant from start to finish, a very worthwhile 8 weeks which made a personal impact in addition to gaining the knowledge required to be able to help others improve their lives. The access to additional resources and materials was a great added benefit to this course and Miriam and Chris were fantastic at delivering the course. Thank you.”

“Miriam and Chris delivered a fantastic course full of useful and practical information that I was able to adapt and apply straight away. They created a community of learning and support which you don't often experience and I feel very privileged to have been part of that.”

“This 8-week positive psychology course delivers far more than you would expect, providing weekly live webinars which are expertly designed and presented, underpinned with practical tools, online learning, optional extra reading and other resources. The course material is lively, up to date, comprehensive, accessible and sufficiently challenging to satisfy anyone looking for a foundation and more in this subject.”

"The Positive Psychology Course opened new perspectives for me. I really enjoyed all the resources, the fact that I could take the class in my own pace and also the expertise of Miriam and Chris. It was a great pleasure to learn from the best. Thank you so much!"

“The Positive Psychology Foundations Course was superb. Miriam and Chris are highly skilled, passionate and thoughtful course leaders with deep integrity. The webinars were extremely engaging and the course resources were incredibly well curated and valuable. I came away from the course with a huge amount of inspiring ideas, tools and practices to bring elements of positive psychology into my daily life in an accessible and practical way.”

"I thoroughly recommend this course to learn about 'positive psychology'. I knew very little at the beginning but now I feel I have a whole new range of strategies to support me in my work, both as a life coach and in my school. Chris and Miriam make themselves available to answer questions about the course content and I have been able to discuss items with the other delegates on the course. Thank you!"

"Having investigated the topic of Positive Psychology, I was very keen and interested in discovering a more in-depth knowledge of the subject. This course, supported brilliantly by Miriam Akhtar and Chris Johnstone, provides a wealth of knowledge, student engagement and practical activities, to achieve an in-depth and valuable understanding, of Positive Psychology.... a thoroughly enjoyable course and experience!"

"The Positive Psychology foundations course is a fantastic, comprehensive introduction to a strength and well-being focused approach to physical and psychological health. The home practice tasks are a really effective way to gain understanding and personal experience first hand; I still use many of them in my daily life and as such, feel very confident incorporating them into my Solution-Focused hypnotherapy practice. Chris and Miriam are such uplifting and engaging speakers, they were an absolute pleasure to listen to and learn from."

"Thank you both for a truly outstanding course. It really came at the right time for me and delivered more than I expected it to."